

City of Columbus Early Childhood Obesity Prevention Coalition
Draft of City of Columbus Early Childhood Obesity Prevention Plan
09/29/09

Location: Columbus Public Health
240 Parsons Ave.
Columbus, Ohio 43215

Chairperson: Autumn Trombetta

Facilitator: Cheryl Graffagnino

Attendees: Deborah Eiland (Child Development Council of Franklin County (CDCFC) Headstart); Deborah Younger (CDCFC Headstart); Elizabeth Klein (OSU College of Public Health); Dawn Sweet (Franklin County WIC); Debra Hall (CUL Headstart); Deborah Vandebourne (CUL Headstart); David Ciccone (United Way of Central Ohio); Jennifer Kuck (Happy Healthy Preschoolers); Valerie White (Ohio State University EFNEP); Caroline Rankin (YMCA of Central Ohio); M. Buhari Mohammed (Columbus Neighborhood Health Center); Parminder Bajwa (Columbus Neighborhood Health Center); Betsy Loeb (Action for Children/No Child Left Inside); Marilyn Rabe (Ohio State University EFNEP); Jackie Broderick-Patton (Columbus City Schools)

Meeting at-a-glance:

- 1) Coalition members provided an update on the childhood obesity prevention efforts in their program and services.
- 2) Draft 4 of plan briefly reviewed.
- 3) The coalition brainstormed ideas for moving the plan into action. It was agreed that full coalition meetings would continue monthly to prioritize strategies and develop action plans.

Next Steps:

- 1) Please continue to provide feedback for refining the plan to Autumn Trombetta or Cheryl Graffagnino.
- 2) Prioritize strategies and develop a plan for implementation.

Upcoming Meetings:

Steering Committee –

Monday October 19, 2009 2:00pm-3:30pm at Columbus Public Health Room N2A

Full Coalition –

Tuesday October 27, 2009 10:00am-11:30am at Columbus Public Health Room 119 D

Agenda Item 1:

Autumn Trombetta welcomed the group and facilitated introductions.

Program Updates:

- ☐ **WIC (Dawn Sweet)** – The new WIC food package goes into effect this week on October 1, 2009. The new package includes fresh, frozen or canned (in juice or water) fruits and vegetables and whole grains and places limits on whole milk and cheese. More information is available on the Ohio WIC website.
<http://www.odh.ohio.gov/ASSETS/C184A80CD03F4100838C8F08AB836429/ohio%20wic%20authorized%20foods%20brochure%201012009-9302011.pdf>
Any vouchers distributed on or before 09/30/09 will be the old food package until their next renewal – new or additional food vouchers will not be issued. In addition, to encourage breastfeeding initiation and duration, pregnant women who report plans to breastfeed in the 3rd trimester will receive the breastfeeding food package and will not receive cans of formula initially.
- ☐ **Action for Children (Betsy Loeb) - CPH Healthy Children, Healthy Weights (Autumn Trombetta)** – Received funding from Cardinal Health to develop a program for early childhood providers entitled Nurturing Nature in the Wonder Years Through Healthy Habits. The program includes a 10-hour Step Up To Quality approved curriculum, some technical assistance and family engagement. The program will be launched in January 2010.
- ☐ **Leave No Child Inside (Betsy Loeb)** – Leave No Child Inside completed a leadership retreat on 09/25/09. Thirty people in attendance committed to being “doers”. The outcome of the retreat was planning a statewide summit in the spring and enlisting the governor’s involvement. Betsy requested commitments from the coalition/members to offer statements regarding the importance of outdoor play. E-mail Betsy Loeb at betsyloeb@actionforchildren.org to provide your support for the importance of outdoor play.
- ☐ **Happy Healthy Preschoolers (Jennifer Kuck)** – Happy Healthy Preschoolers training has been submitted for Step Up to Quality approval to encourage teachers to become volunteers.
- ☐ **Columbus Neighborhood Health Clinics (Dr. M. Buhari Mohammed)** – Columbus Neighborhood Health Center, Inc. opened the new Columbus West Family Health and Wellness Center on Monday 09/28/09.
<http://www.colnhc.org/news-and-resources/events>
This state of the art center at 2300 West Broad St. offers family/pediatric medicine, obstetrics/gynecology and includes a WIC location and vision and dental clinics.

Agenda Item 2:

Cheryl Graffagnino reviewed the latest draft of the plan and briefly discussed changes in wording of the process objectives and strategies (attached). A request was made to distribute the coalition roster with names and contact information again.

Agenda Item 3:

The group discussed examples of coalitions that have successfully facilitated change:

1. Example 1
 - Brainstorm next steps
 - Asked participants to “sign up” and commit to responsibility for strategies/actions
 - Defined time (on a monthly basis) that participants could commit to the project
 - Identified frequency of meetings and when they could convene
 - How could subgroups move forward?
 - Meetings in person, conference calls, e-mails, etc.
 - What could be accomplished between before the next meeting?
2. Example 2
 - Identified a smaller list of specific action items that could be accomplished in 6 month increments.
 - “concrete deliverables”
 - “low hanging fruit” first.
 - Identified frequency of meetings and when they could convene
3. Example 3
 - Created a work plan with tasks and responsibilities.....
 - “Our agency can.....”
 - Take the message “on the road” when implementing in the community.
4. Example 4
 - Phased Approach
 - Worked as a full group rather than sub-groups
 - Tackled the plan one piece at a time.
 - “low-hanging fruit” – coordinated/convened existing community resources
 - Identified gaps
 - Created new programming to fill gaps

Next Steps

- 1) Review and prioritize strategies for each goal/objective
- 2) Coordinate existing resources
 - a. Establish actual resources for referrals – where can we send families?
 - b. Create a “flowchart” of existing resources.